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DOLPHINS START WITH THE HEART

by Shirley Bliley

This March, the Institute's Dolphin Energy Club (DEC) received a request to provide healing support to a fifty-five-year-old woman with sarcoidosis (scarring of the lungs). The condition was responsive to steroids; however, it worsened with stress. Two members of her ten-person DEC team made pertinent observations. One noted darkness around the lungs and adrenals and an immune system depleted by stress, while another saw "a casing like an eggshell around [her] field" that blocked her ability to give and receive love fully. This same DEC member added, "It looks like she's maybe on the verge of creating something harmonious and wonderful." The recipient's own comments show that both were "on the mark."

Physical Observations

The changes in my physical condition were actually in the negative—higher fatigue, lessened intellectual capacity, deeper emotional highs and lows. These, however, can be directly related to the massive increase in my medication level (steroids) at the same time that your Energy Club began its work with me. These conditions are concurrent with steroid treatment, the only known therapy for the disease I have. I have received good news just today that my disease has not hit my heart. What a blessing that is. My chest x-rays have shown no change, but my physicians are conjecturing about possible implications, both good and bad, about that. That could still be good news. Only time will tell.

Attitude Observations

This piece is where the magic begins! There was quite a breakthrough in this realm for not only myself but also my husband. Let me explain.

For about the last year, I have wrestled with a decision that ultimately I knew I had to make—should I leave my job. First, you need to know that my husband is the pastor of our community church and I am, of course, much involved in that ministry. Second, my faith is, and has always been, very strong and is a driving force in my life. About a year ago, I attended a retreat and was faced with a question that had been unstated but felt for quite a while.

I had been unhappy with my job in many ways and it certainly traced the footprint of my disease. The question I faced was, "Am I doing the work that God wanted me to do?" For an entire year, I knew the answer was, "NO." I was not doing what He wanted me to do. But I was very fearful to let go of a job in which I could work three days a week, earn a decent living, do

some of the work that I really enjoyed, and have some great coworkers and support. Sounds dreamy, doesn't it? But there was one problem. It was sucking EVERYTHING out of me and I was not getting refilled. I constantly bargained with God in this way: "I'll let go if you show me your plan first!!" Well, we all know that God doesn't take to bargaining, but being human, I guess I haven't lived long enough yet to have learned that. DUH! This went on for one year.

My husband all through this has quietly loved, supported, and cared for me physically, emotionally, intellectually, and spiritually. He has watched me struggle with the effects of the steroids, particularly the highest dosages I have ever been on. He has never pushed, only helped me come to terms with whatever I was dealing with. During the weeks of April 5 and 13 [near the end of DEC service], both of us had an emotional breakthrough. BOTH of us, independently but within about two days of each other, came to the same conclusion. Regardless of the financial impact of my quitting my job, that is what I need to do. And believe me, when I say financial impact, I mean FINANCIAL IMPACT!

My husband said he couldn't stand to watch how the job was draining me of what was barely left from the steroids. He loved me too much to let that go on, not to mention the effort needed to maintain his own balance. He said that he had absolute confidence that God would provide whatever safety net we needed as He always has in the past. Twenty years of experience has taught him that!! I, too, had come to the same conclusion. I knew that I could no longer go on. I had to let go and step out in faith that God would be there for us and provide for us . . . as He has always done in the past. Our shared and mutual decision is that I will be out of the job by the end of three months. When we shared our thoughts with each other, it was almost amusing how we both had come to the same conclusion at the same time. Are we connected, or what? Have always been! We are both sure that our way will be shown to us, whatever that is.

I still feel pretty awful because of the steroid effects, but spiritually and emotionally, this decision has brought wonderful peace. Scared? Of course we are. But then we remember that God has promised us (and followed through always) that He will provide whatever we need to do His service. That's all we need to remember. We also know that your Dolphin Energy Club's efforts were a powerful boost to our energy and helped lead us to this breakthrough. Thank you for your efforts. I hope you have other successes such as ours.